

## bodyMIND<sup>SM</sup>

Your Monthly Guide to Good Health

# TAKE CONTROL OF PRE-DIABETES

### WHAT IS PRE-DIABETES?

Pre-diabetes is the state in which blood glucose levels are abnormally high, but not yet high enough to be diagnosed as diabetes. Currently in the United States, 57 million people have pre-diabetes. Research indicates that people who have pre-diabetes have an increased risk of cardiovascular disease and are likely to develop type 2 diabetes. Untreated, type 2 diabetes can lead to serious complications—including heart attack, stroke, kidney disease, blindness, and nervous system damage.

### THE IMPORTANCE OF SCREENING

Symptoms of type 2 diabetes include frequent urination, excessive thirst, blurred vision, frequent infections, and unexplained fatigue. Because these symptoms often seem innocuous, diabetes frequently goes undetected. In fact, approximately 5.7 million people who

have diabetes are unaware of their condition. For this reason, screening is vital. A glucose test can alert an individual that he or she has pre-diabetes or diabetes. Generally, medical professionals identify pre-diabetes from the results of either the fasting plasma glucose test (FPG) or the oral glucose tolerance test (OGTT).

### PREVENTION

According to the American Diabetes Association (ADA), studies have shown that people with pre-diabetes can prevent or delay the development of type 2 diabetes by up to 58 percent through changes to their lifestyle that include modest weight loss and regular exercise. Recommendations include that people with pre-diabetes reduce their weight by 5-10 percent and participate in some type of modest physical activity for 30 minutes daily. In some cases, these modifications can return blood glucose levels to the normal range. Consider the following tips from the ADA.

- › Eat lots of vegetables and fruits. Choose from the rainbow of colors to maximize variety.
- › Choose whole grain foods over processed grain products.
- › Cut back on high-calorie snack foods and desserts.
- › Eating too much of even healthful foods can lead to weight gain. Watch your portion sizes.
- › Get a check-up before planning your fitness routine. Find out what is safe for you to do.
- › Think about your current habits. How active are you? Pick some changes that will make the biggest impact.
- › Find something you enjoy doing. Try different activities on different days.

**If you experience symptoms of diabetes, consult a physician for diagnosis and treatment.**

57 MILLION PEOPLE



Most people experience anxiety on occasion, particularly surrounding a stressful time or event. However, as many as 40 million adults experience anxiety disorders annually in the United States. Anxiety disorders cause symptoms that last for at least 6 months and they can worsen without treatment. There are five major types of anxiety disorders: generalized anxiety disorder; obsessive-compulsive disorder (OCD); social phobia; panic disorder; and post-traumatic stress disorder (PTSD). Although each disorder is characterized by different symptoms, they all center on irrational fear and dread.

**Generalized Anxiety Disorder** – People who suffer from generalized anxiety disorder experience extreme and unprovoked worry. They have severe anxiety over things including health, money, and family, and tend to anticipate the worst. Generalized anxiety disorder leads to lack of sleep and inability to relax as well as fatigue, muscle tension, headaches, twitching, irritability and hot flashes. Approximately 6.8 million Americans have generalized anxiety disorder, and two-thirds of them are women.

**Obsessive-Compulsive Disorder** – According to the National Institutes of Mental Health, people with obsessive-compulsive disorder have persistent, upsetting thoughts (obsessions) and use rituals (compulsions) to control the anxiety these thoughts produce. They might feel compelled to repeatedly count, check or touch things, particularly in a specific order. OCD affects more than 2 million adults in the United States and can be accompanied by eating disorders, other anxiety disorders or depression.

**Social Phobia** – The National Institutes of Mental Health report that social phobia, also called social anxiety disorder, is diagnosed when people become overwhelmingly anxious and excessively self-conscious in everyday social situations. Physical symptoms including blushing, nausea, shaking, sweating and difficulty speaking often accompany the phobia. Fifteen million American adults have

social phobia, and it develops among men and women equally.

**Panic Disorder** – Panic disorder causes sudden and unpredictable feelings of terror that may be accompanied by weakness, dizziness, pounding heart, shortness of breath, or chest pains. During a panic attack, an individual often believes that he or she is having a heart attack, going crazy or even dying. People who have experienced panic attacks often experience severe anxiety between episodes, anticipating where and when the next one might occur. Panic disorder affects approximately 6 million Americans, and research indicates that the disorder is twice as common in women as in men.

**Post-Traumatic Stress Disorder** – People develop post-traumatic stress disorder after experiencing or witnessing a terrifying event involving either physical harm or the threat of physical harm. Symptoms include startling easily, emotional numbness, loss of interest in activities previously enjoyed, irritability, and sometimes violent behavior. People experiencing PTSD tend to experience flashbacks of the traumatic event during the daytime and during their sleep. In the United States, 7.7 million adults struggle with PTSD.

### Treatment

Fortunately, most anxiety disorders can be effectively treated with medication, psychotherapy or a combination of the two. The primary medications prescribed for anxiety disorders are antidepressants, anti-anxiety drugs, and beta-blockers. If other disorders such as depression, substance abuse or other anxiety disorders are present, those must be addressed and treated as well.

*If you suspect that you might be suffering from an anxiety disorder, consult a mental health professional for help right away.*

## Lake Health Calendar of Events November

### Manage Your Stress and Pain Through Music

Meet Music Therapists Suzi Mandel, PhD, and Suzanne Hanser, Ed D, authors of the new book *Manage Your Stress and Pain Through Music* as they take you through a music therapy demonstration and share music therapy strategies learned from many years of research, clinical practice, and personal experience. Books will be available for purchase. Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 to register.

**TriPoint Medical Center – November 16, 6 – 8 pm**

### Get Healthy Lake County Lecture/Activity Series

Are you looking for information on how to eat better or become fit? If so, attend the Get Healthy Lake County lecture/activity series. It's designed to provide you with the health and lifestyle information you need to stay healthy. We meet monthly, except December. Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 to register.

**TriPoint Medical Center – November 3, 6 pm**  
(Restorative Yoga)

### Label Reading Tours

Discover the tricks to interpreting food labels at a FREE label-reading tour. Space is limited. Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 to register.

**TriPoint Medical Center – November 6, 9 am - 12 noon**  
**West Medical Center – November 20, 9 am - 12 noon**

### New Wellness Institute Outpatient Services

**Acupuncture** An ancient system of healing that allows the body to balance and heal itself. Used for joint pain, neurological problems, headaches, rheumatologic disorders, digestive disorders, infertility, sleeping disorders, stress, allergies, and more. Facial rejuvenation and cosmetic acupuncture are also offered.

**Massage** Massage is performed with the intent of improving a health condition. A wide variety of ranges from gentle pressure to penetrating techniques are used to focus the treatment based on the diagnosed condition. Chair relaxation, Swedish, deep tissue, and sports massages are offered.

**Reiki** A non-intrusive, ancient, oriental art of hands-on healing that can help reduce pain, illness, and emotional trauma.

*For more information and pricing, call The Wellness Institute at 440-375-8153. To schedule an appointment, call Centralized Scheduling at 1-866-652-5253.*



Lake Health offers a wide variety of programs for men, women, seniors and families. Please log onto [www.lakehealth.org](http://www.lakehealth.org) or call the Best of Health Line at 440-953-6000 or 1-800-454-9800 for more information.